

## Recommended Resource List: Aging—Physical Aspects

To request a title from the State Library:

- *State government employees* should follow the call number link to the [KDLA Catalog](#) and click on the “Make a Request” tab on the right. Complete the form with your name, library card number, and delivery choice. Then click on “Submit Form.” Requests can also be made by calling the State Library’s Circulation Desk at (502) 564-8300, ext. 337 or (800) 928-7000, ext. 337. Materials can be delivered by messenger mail in Frankfort or by UPS to field/district offices (return postage included).
- *Public Library staff* should use the OCLC Interlibrary Loan system for audiobook and book requests and the [Public Library Visual Materials/Kit Request](#) form for videos and DVDs.
- *Members of the general public* should contact their local public library for interlibrary loan service.

### Audiobooks

Weil, Andrew. **Healthy Aging: a Lifelong Guide to Your Physical and Spiritual Well-being.** Westminster, MD: Books on Tape, 2005. Call number: [SR CD 612.67 Weil](#)

### Books

Goldberg, Nieca. **Dr. Nieca Goldberg's Complete Guide to Women's Health.** New York: Ballantine Books, 2008. Call number: [613.04244 Gold](#)

Gruman, Jessie C. **Aftershock: What to Do When the Doctor Gives You, or Someone You Love, a Devastating Diagnosis.** New York: Walker & Co., 2007. Call number: [616.044 Gruma](#)

Lear, Martha Weinman. **Where Did I Leave My Glasses? the What, When, and Why of Normal Memory Loss.** New York: Wellness Central, 2008. Call number: [155.6713125 Lear](#)

Manson, JoAnn E. **Hot Flashes, Hormones & Your Health.** New York: McGraw-Hill, 2007. Call number: [618.175 Mans](#)

Matthews, Joseph. **Long Term Care: How to Plan and Pay for It.** 6th ed. Berkeley: Nolo, 2006. Call number: [362.160973 Matt](#)

Minkin, Mary Jane. **A Woman's Guide to Menopause & Perimenopause.** New Haven, CT: Yale University Press, 2005. Call number: [618.175 Mink](#)

**Our Bodies, Ourselves: Menopause.** New York: Simon & Schuster, 2006. Call number: 618.175 Our

Pratt, Marcia. **When It's Time: a Practical Nursing Home Handbook for Families.** Bangor, ME: Booklocker.com, 2005. Call number: 362.16 Prat

Sember, Brette McWhorter. **Gay & Lesbian Medical Rights: How to Protect Yourself, Your Partner, and Your Family.** Franklin Lakes, NJ: Career Press, 2007. Call number: 344.73041 Semb

Simpson, Kathryn R. **The Perimenopause & Menopause Workbook: a Comprehensive, Personalized Guide to Hormone Health for Women.** Oakland, CA: New Harbinger Publications, 2006. Call number: 618.175 Simp

Weil, Andrew. **Healthy Aging: a Lifelong Guide to Your Physical and Spiritual Well-being.** New York: Alfred A. Knopf, 2005. Call number: 612.67 Weil

Wingert, Pat. **Is It Hot in Here? Or Is It Me? the Complete Guide to Menopause.** New York: Workman Pub., 2006. Call number: 618.175 Wing

## Videos/DVDs

**Age Happens** (The Human Condition series). 28 min. INTELECOM, 2001. Video. Call number: VC 613 Age

**Chair Fitness.** 112 min. Fit As A Fiddle Productions, 1997-c2000. 3 DVDs. Call number: VC DV 612.044 Chai

**Fitness and Nutrition** (program 1). 27 min. Grand Kent Consortium on Successful Aging, 2001. Video. Call number: VC 613.7 Fitn

**Hormone Replacement Therapy.** 15 min. Milner-Fenwick, 2003. Video. Call number: VC 618.175061 Horm

**Menopause.** 16 min. Milner-Fenwick, 2003. Video. Call number: VC 618.175 Meno

## Websites

<http://www.nlm.nih.gov/medlineplus/menopause.html>

**Medline Plus – Menopause** provides an overview as well as information on diagnosis/symptoms, treatment, alternative therapy, clinical trials and coping strategies. Source: National Library of Medicine, National Institutes of Health. Some information is also available in Spanish. Last accessed on August 27, 2008.

**<http://www.nlm.nih.gov/medlineplus/hormonereplacementtherapy.html>**

**Medline Plus – Hormone Replacement Therapy** provides an overview as well as news, treatment, alternative therapy, clinical trials and research links. Some information is also available in Spanish. Last accessed on August 27, 2008.

**<http://www.menopause.org/edumaterials/guidebook/guidebook.htm>**

**Menopause Guidebook** offered by the North American Menopause Society is 60 page booklet on perimenopause, early menopause, menopause symptoms and long-term effects of estrogen loss, and a wide variety of therapies to enhance health. The information is also available in Spanish. Last accessed on August 27, 2008.

**<http://www.menopause.org/edumaterials/earlyguidebook.aspx>**

**Early Menopause Guidebook** offered by the North American Menopause Society is a 64-page resource for women reaching menopause earlier than the typical age, either spontaneously or through medical means. This information is also available in Spanish. Last accessed on August 27, 2008.